

# Senior Happenings

## November 2016

**Joyce C. Budrow North Haven Senior Center**  
**189 Pool Road, North Haven, CT 06473**  
**Office: 203-239-5432 Fax: 203-234-7185**  
**Hours: Weekdays 8:00 a.m. to 4:00 p.m.**  
**Café: 203-239-4030 9am -12 noon**  
[www.town.north-haven.ct.us](http://www.town.north-haven.ct.us)

### Mission

The mission of the Center is to respond to the ever-changing needs of mature adults and their families by providing opportunities for personal enrichment, information and referral, advocacy, volunteerism, wellness and social and recreational activities.

### Staff

**Manager and Municipal Agent for Elderly: *Judy Amarone***  
**Program Coordinator: *Sue Tienken***  
**Secretaries: *Maggie Maiden and Ellen McDonald***  
**Transportation: *Keith Baedor, Richard Kaman and Kevin Smith***  
**Café Manager: *Arlene Herzog***



## ***Daily, Medical, Errands, Grocery Shopping, Mini Trips***

### **Daily Transportation**

Transportation is available for eligible residents who do not drive their own vehicles, or who cannot access a public transportation system to reach their desired destination. Those who do drive their own vehicles may use the system on a temporary basis if their vehicle is in for repairs or if they are experiencing a temporary disabling condition that prevents them from driving on their own. Service is curb to curb. Standing rides to the Center can be arranged for your convenience. Daily reservations are required by 12 noon of the preceding workday by contacting the Center 203-239-5432.

### **Scheduled and Mini Trips**

For errand, grocery, grooming, and mini trips all riders must be on time and ready for pick up beginning at 9:00 a.m. You must advise the driver if you are making other arrangements for your return trip. If you are not at your designated pick up point when driver arrives, there will be a ten-minute wait time. If you miss the bus it is your responsibility to obtain transportation home. Due to schedule restrictions under no circumstances will the driver return at a later time to pick you up on that day. If you drive on your own and would like to join us on mini trips, you must drive to the Center by 9:30 a.m. to participate in the trip, the driver will not pick you up at your home.

**Mondays:** (time frame for mini trips will be an hour and half from time of drop off)

- Mini Trips: **Please see the Calendar for dates and places.**

**Tuesdays:** (time frame for grocery shopping will be an hour and half from time of drop off)

- Grocery Shopping

**Wednesdays:** (time frame for errands will be up to an hour for a single stop from time of drop off)

- Errands to include – pharmacies, bank, post office, card shop

**Thursdays:**

- Hairdressers, Barbers and Nail Salons

**Fridays:** (time frame for grocery shopping will be an hour and half from time of drop off)

- Grocery Shopping

### **Medical Transportation**

Only one medical ride may be scheduled per day. All reservations are on a first-come, first-served basis. Reservations can be made as early as three months prior to the medical appointment.

Every effort will be made to accommodate an individual's appointment. However, an alternative time and transportation service may be suggested in order to better serve all requests. **Pickup times are approximate.** Please be patient as traffic and number of riders may impact your pickup. Non-Emergency Medical appointments include transportation to North Haven, Hamden and **on a very limited basis** to New Haven.

Passengers are to have the following information ready when calling for a medical reservation: name, address, telephone number of doctor's office; date and time of appointment; name of any other person who rider will be traveling with to doctor's office.

**Please make note: there will be *no medical, no grocery shopping, and no errands or daily transportation* on the following days – November 11 and 24; December 2 and December 26.**

**Please note:** All scheduled Grocery Shopping, Hairdressers, Errands and Mini Trips begin pickups at 9:00 a.m. Reservations for mini trips begin on the first day of the month. If scheduled trips are canceled for any reason, there *will not* be a make-up day during that week for transportation.

***Activity dates, transportation and times are subject to change.***

***Please Note: A staff member will contact you the day before to inform you of your pick up time when you have a scheduled medical appointment for the following day.***

**“The vote is the most powerful instrument ever devised by man for breaking down injustice and destroying the terrible walls which imprison men because they are different from other men.”**

**~ Lyndon B. Johnson, 36<sup>th</sup> President of the United States**



**OUR RIGHT, BUT NOT EVERYONE'S RIGHT** - There are hundreds of nations in the world. Only a fraction of these nations are democracies or constitutional monarchies. (A democracy is a nation headed by leaders who are elected by the people. A constitutional monarchy is a nation that is headed by a queen or king, who may not have much real power, but which has free democratic elections for all citizens. The United Kingdom, Spain, Sweden, and the Netherlands are prime examples.) Only part of the world's population enjoys the right to vote in free democratic elections. Nations such as

India, Israel, the Czech Republic, Japan, South Korea, Mexico, Australia, Canada, and the European Union countries are democracies, although Canada and Australia still have some political ties to England. Nations such as Turkey have some democratic freedoms and some non-democratic restrictions. Many nations are monarchies, in which one family controls the government; military dictatorships, in which a non-elected leader and his army control the government by force; or, in the case of China, Communist states, in which only one political party is allowed to have power and representation.

In all of these non-democratic nations, the government controls the press, and there is very little opportunity, or none, for free speech. Citizens are not allowed to publicly express any criticism of their government. The most basic rights that U.S. citizens take for granted, such as a speedy and fair trial by jury, and freedom of religion, are not recognized in these non-democratic nations. If they have elections at all, they are usually a sham. Only a few candidates are listed on the ballots, and those are for local office. The people do not get to choose their leaders.

The United States is not the only democracy in the world, but it has been one of the most successful. One reason for its success is its system of laws based on the Constitution. Our Constitution allows for the possibility of change in the way we elect our leaders and representatives. But some basic rights are written into the Constitution, and as long as the United States thrives, these rights can never be taken away.

One of the basic rights guaranteed by the Constitution is the right to vote.

That may not seem like a big deal, but it is a very important right—**only if YOU use it.**

**Your vote is just as important as the President's!**

**If you don't vote, you can't participate fully in the democratic process.**

***If you do vote, you are a participant. If you don't, you can only be an onlooker.***

***Transportation to the Polls is available for those that don't drive:***

***Republican Town Committee 203-239-2085***

***Democratic Town Committee 203-619-3722***

**November . . . .**

Happenings	Date/Time	Cost	Registration Dates
<b><i>Bingo &amp; Lunch</i></b>  Menu for today's lunch will be chili (not too hot), corn muffins, drinks and dessert!	Wednesday, November 2, 11:30 a.m.	Cost: \$5.00 residents; \$10.00 non-residents  Lunch only, cost for residents, \$3.00; non-residents, \$8.00	<b>Late registration until Monday, October 31 with an extra \$5.00 charge.</b>  Min/max seating: 10/40.
<b><i>Downton Abbey</i></b>	Thursday, November 3 & 10, 12:30 p.m.	Free	
<b><i>Rotary Pancake Breakfast</i></b>	Sunday, November 6, 9:00 a.m. to 1:00 p.m.  <b>Transportation is on your own!</b>	Complimentary Tickets	Available through November 2. Stop by the office, tickets available to the first 20 people!
<b><i>Military Whist Tournament</i></b>	Thursday, November 10, 11:30 a.m.	See attached flyer	
<b><i>Storyteller, Kate Allen Smith</i></b>  Come join Kate today to enjoy an hour of great conversation!	Tuesday, November 15, 10:30 a.m.	No Fee	RSVP by November 10 by calling the Center.
<b><i>Ask An Attorney</i></b>  The attorneys are specialists in estate planning and elder law. All consultations are confidential! This program will fill up quickly so call today and set up your appointment!	Thursday, November 17, 1:00 to 2:30 p.m.  15 minute increments with Attorney Ann Farrell from Farrell & Grochowski, PC	No Fee  <b>Residents Only!</b>	Call the Center by November 8 to set up your 15 minute appointment.  Appointments: Min/Max: 3/6
<b><i>Holiday Fair</i></b>	Friday, November 18; 1:00 to 6:00 p.m.  Saturday, November 19; 9:00 a.m. to 2:00 p.m.	See attached flyer	

Happenings	Date/Time	Cost	Registration Dates
<b><i>All Day Bingo and Lunch</i></b>  Open faced Turkey sandwiches on white toast, served with homemade stuffing, gravy, cranberry sauce on the side, drinks and pumpkin pie for dessert!  The price includes lunch and 2 bingo cards for playing. Progressive will only be played in the afternoon!!	Friday, November 25, 10:00 to 11:30 a.m., lunch will be served at 11:45 a.m. and then bingo will resume at 12:45 p.m.	<b>Cost:</b> \$6.00; residents and \$11.00; non-residents.  Lunch only: \$5.00; residents and \$10.00; non-residents	Resident registration begins on Monday, October 24 through Wednesday, November 16.  Non-resident registration begins on Monday, November 7 through Wednesday, November 16.  <b>Late registration with an extra \$5.00 charge will be from Friday, November 18 through Monday, November 22.</b>
<b><i>Annual Tree Decorating Party and Christmas Caroling with our Songsters</i></b>	Tuesday, November 29, 1:00 p.m.	Free to Residents!  We will serve cookies, hot cocoa and coffee!!	Please call the Center by Tuesday, November 22, 203-239-5432.

***Thank you to the following for your generosity for the month of September ...***

***Genevieve Bimonte, Maggie Evans***

***Welcome to the Center...***

***Margaret Mansfield, Alice Clark, Camille Patton, Philip Cody, Carl Carlson, Jack McDonald, Genevieve Simeone, Pamela Bagnall, Joyce Calarco, Marie Criscio***

### **Holiday Food Donations . . . .**



The North Haven Congregational Church is looking for food donations during the Holiday season. Please drop off all donations to the Center as they have a volunteer who will pick the food up on a weekly basis. Thanking you in advance for your kindness during this time of need. The following items are needed: tuna fish, peanut butter, jelly, coffee, tea, mayonnaise, canned stews and soups, rice, dried and baked beans, canned vegetables and fruits, pasta and sauce, instant potatoes, macaroni and cheese, canned and powdered milk, cereals, sugar, and 100% fruit juice (cans, bottles or boxes). They cannot accept baby food due to limited shelf life. They are also asking that all donations be put in plastic bags as it is easier for the recipients to carry their food. Please remember to look at all expiration dates. They do not accept out dated food donations.

## December Events:

- ❖ **Tri-Town Christmas Party** – Friday, December 2, 11:00 a.m. held at Zandri's Stillwood Inn. There will be raffle prizes and entertainment by Airborne Trio. **Ticket cost: \$25.00 per resident and \$30.00 per non-resident. Collection ends Wednesday, November 16 or until we reach our maximum of 175 people.** Transportation will be available, please make your reservations early. If you drive and would like to ride the bus to Zandri's, please meet us at the Center by 10:00 a.m. All activities, grocery shopping and medical transportation at the Center will be cancelled for the day.
- ❖ **Senior to Senior Breakfast** – Tuesday, December 6, 8:00 a.m. held at the North Haven High School. Transportation will be provided. Please call the Center, 203-239-5432 if you would like to attend. If you drive and would like to take the bus to the High School, please be at the Center by 7:45 a.m.
- ❖ **Trees of Hope and lunch out to Greek Olive** – Wednesday, December 7, 10:00 a.m. We are taking our annual trip to the Trees of Hope at the Maritime Center. If you drive, please be at the Center no later than 9:30 a.m.. After viewing the spectacular trees we will then take a trip over to the Greek Olive for lunch. On Wednesday's they serve a special lunch for \$3.00. Please make your reservations by Monday, November 28. We can only take 19 people since we will be taking our own bus. **Please stop by the office to fill out your Form 5 in order to have lunch at the Greek Olive's special lunch.**
- ❖ **Wine and Paint Party** – Thursday, December 8, 1:00 p.m. Bring your own wine and we will provide the snacks! Residents: \$30; Non-residents; \$35. All paint supplies are included. You will be painting another Vincent Van Gogh painting of "Starry Night". **Resident registration: Monday, November 7 through Wednesday, November 30; Non-resident registration: Monday, November 21 through Wednesday, November 30; late registration which includes an extra \$5.00 will be from Thursday, December 1 through Wednesday, December 7.** Seating: Min/Max: 8/25
- ❖ **Hubbard Park Evening of Lights and Dinner** – Thursday, December 8, 4:00 p.m. We will be leaving the Center at 4:00 p.m. and head over to Dino's Seafood Restaurant for dinner (on your own) after dinner will then go to Hubbard Park in Meriden to see their display of Christmas lights and sing Christmas carols throughout our adventure. Please call the Center, 203-239-5432 by Thursday, December 1 if you would like to join in on the fun!! In order for the trip to be able to go we will need at least 12 members interested and we can only take up to 19! **Residents only!**
- ❖ **Bingo and Lunch** – Wednesday, December 14, 11:30 a.m. Menu will consist of Italian wedding soup, bacon, lettuce and tomato sandwich, dessert and drink. Residents: \$5.00; Non-residents: \$10.00. Lunch Only: Residents: \$3.00; Non-Residents: \$8.00. **Resident registration: Monday, November 7 through Monday, November 28; Non-resident registration: Monday, November 21 through Monday, November 28. Late registration with an additional \$5.00: Tuesday, November 29 through Monday, December 5.** Seating: Min/Max: 10/40
- ❖ **Hanukkah Breakfast** – Friday, December 16, 10:30 a.m. We will be celebrating Hanukkah with a traditional breakfast of challah French toast, jelly donuts and homemade potato pancakes, coffee, tea and orange juice will be served. Cost: Residents: \$6.00, Non-residents: \$11.00. **Resident registration: Monday, November 7 through Monday, November 28; Non-resident registration: Monday, November 21 through Monday, November 28. Late registration with an additional \$5.00: Tuesday, November 29 through Monday, December 5.** Seating: Min/Max: 10/40.
- ❖ **Christmas Cookies by the Fire** – Friday, December 23, 1:00 p.m. Come listen to a beautiful Acapella group from our own High School and enjoy delicious home baked Christmas cookies by the fire. This group is one of the best Acapella groups around town – these young students work hard at their singing and are willing to come to entertain us right before Christmas! Please call the Center, 203-239-5432 by Monday, December 19 to reserve your spot.
- ❖ **Bring In the New Year** – Thursday, December 29, 11:45 a.m. Celebrate New Year's Eve with a bang and bring in the 2017 New Year with your friends! There will be a 50/25/25 door prize, great background music by Sal Anastasio and our dinner will be catered by Zandri's Stillwood Inn, which will include; meatless lasagna, meatballs, tossed salad, bread and butter, drinks and dessert. **Cost: \$12.00 per resident; \$17.00 non-resident. Resident reservations will begin on Monday, November 28 through Monday, December 19 by stopping by the Center; non-resident reservations will begin on Monday, December 12 through Monday, December 19. Late registration will be accepted with an extra \$5.00 on Tuesday, December 20 through Tuesday, December 27.** Seating: Min/Max: 30/75.

### **Paid and Unpaid Classes\***

**Registration begins four weeks prior to class start date.**

**If there is availability for non-residents, they may register two weeks prior to class start date.**

**All checks made payable to: North Haven Senior Citizen.**

**A class with insufficient enrollment will be cancelled prior to the starting date and participants will receive a refund as well as being notified. Once a class is in session there are no refunds or adjustments to the required payment as instructors based on payment once the class is filled.**

**\*Sponsorships for paid classes may be available, please see Judy.**

**COMPUTER CLASSES** – Tuesdays, 9:00 to 10:30 a.m. and 10:45 to 12:15 p.m. **New Session:** Tuesday, October 25 through Tuesday, November 29, **no class will be held on Tuesday, November 1.** Each new session will run for 5 weeks. **Beginner and advanced classes available. Cost: \$5.00 resident, \$10.00 non- resident. There will be a break in December; a new session will begin in January 2017.**

**OIL PAINTING** – Tuesday, 12:45 to 2:45 p.m. **Current Session:** will end November 29, 2016. **New Session:** Tuesday, December 6, 2016 through Tuesday, February 21, 2017. **Resident registration will begin on Tuesday, October 25 through Friday, November 25; non-resident registration will begin on Tuesday, November 8 through Friday, November 25. Cost: \$30 resident, \$35 non-resident. A list of supplies will be given to you prior to the first class. Participants: Min/Max: 12/16.**

**SITERCISE** – Monday and Wednesday, 10:30 to 11:30 a.m. **Current session ends:** Wednesday, December 14, 2016. Increase muscle strength, improve flexibility, gait and balance to help avoid falls; exercises can be done in a chair or standing; and a specially designed program for those 50 and older who are at risk for falls. **Participants: Min/Max: 10/15.**

**TAI CHI: FOR ARTHRITIS** - Monday and Thursday, 10:00 to 11:00 a.m. **Current session ends:** Thursday, December 15, 2016. Learn about Tai Chi practice, increase balance and stability, helps you stay on your feet and helps you manage your arthritis. **Participants: Min/Max: 10/15.**

**BEGINNER CHAIR YOGA** - Tuesday, 10:00 to 11:30 a.m. **Current session ends:** Tuesday, November 15, 2016. **New session begins:** Tuesday, November 22, 2016 through Tuesday, February 7, 2017, 10:00 to 11:30 a.m. Chair Yoga is a gentle yoga practice incorporating stretches while sitting on chairs as well as some standing poses. Suitable for all and anyone who feels uncomfortable getting up and down from the floor. Yoga will help to improve posture and breathing, help restore and maintain normal mobility and a healthy range of motion, and help you to grow and expand psychologically and spiritually. **Resident registration begins on Tuesday, October 25 through Thursday, November 17, non-residents registration begins on Tuesday, November 8 through Thursday, November 17. Cost: \$50 residents, \$55 non-residents. Participants: Min/Max 8/12.**

**GENTLE HATHA YOGA** - Thursday, 1:00 to 2:30 p.m. **Session:** Thursday, October 27, 2016 through Thursday, January 26, 2017 **no class on the following Thursdays, November 17 and 24.** Yoga is a gift! With Yoga, the body remains open and flexible; Yoga will strengthen, stretch, tone and relax your entire body. Hatha Yoga combines proper breathing and yoga postures that revitalize the body physically and mentally. This class is designed for those who can get up and down from the floor. **Cost: \$50 residents, \$55 non-residents. Participants: Min/Max 8/12.**

# 2017 Day Trips coming soon . . . .

## 2017 Day Trip Policies

- Trips are open to all North Haven seniors on a first come first serve basis starting on the collection date. Non-resident seniors may sign up two weeks after collection date. A \$5.00 non-resident fee will be charged for each trip. Residents on the waiting list will take precedence over non-residents.
- Full payment is due in order to secure your reservation. **Checks only please, made payable to North Haven Senior Citizens.**
- Please remember to bring in your emergency contact information, their name and telephone numbers where they can be reached during the day (including work and cell numbers.) Please remember to bring your emergency forms with you on day of trip. This is important since it has an emergency contact person, medications and allergies.
- Registrations cannot be taken over the phone. Payment and registration is made in person. However in the event you are unable to make it to the Center, a friend may register you for the trip as long as payment is made. When a friend is registering you for a trip, emergency contact information, name and phone number is required. If you are ill or are away on vacation payment may be mailed to the office only after you have contacted the office to inform them of your situation, mailing in your payment will not guarantee you a spot on the trip. No early pre-registration prior to the scheduled registration for any trips unless noted in the newsletter will be taken. Please do not ask staff to stray away from the guidelines.
- Please make the staff aware of any special seating requests for the bus as you sign up for the trips. The first two rows are reserved for persons with disabilities. Unfortunately, due to the fact some trips are sponsored by a Travel Agent, special menus cannot be accommodated.
- If special assistance is needed, it is highly recommended to bring a family member or friend.
- There will be no refunds. If the Travel Agent or the Center cancels the trip or if there is a waiting list, refunds will be issued.
- Departure and return times are subject to change by the Travel Agent – please be patient with the office staff.
- Please arrive at least 15 minutes prior to departure time. If you are not on time as specified for departure time, the bus will leave without you and there will not be a refund issued. You must come into the Center to check in prior to boarding the bus. No passengers are to board the bus until your name is called and checked off by the North Haven Senior Center staff member.
- In consideration of members who need the handicap parking spaces during the trip for classes held at the Center, please park either in the staff parking spaces, regular parking spaces or on the grass. Thank you for your consideration.



**Lifebridge Community Services "CHOICE" MENU**  
**Nutrition for Mind, Body and Spirit November 2016**

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	6 oz Butternut Squash Soup 1 pkt crackers ¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins & Mayo on Bed Of Lettuce/ Croutons 1 c. Pasta, Vegetable, Olive Salad W/Broccoli & Peppers ½ c. Beet Salad 1/2c Tropical Fruit 8 oz LF Milk		¾ c. Roasted Cauliflower Soup/LS Crackers 2 oz Thin Sliced Medium Roast Beef & 1oz Sliced Cheese W/ Onions & Tomato on Kaiser Roll 1 tsp Mayo/ Mustard 1/2c Potato Salad ½ cup grapes 8 oz low fat milk	
7	8	9	10	11
	6 oz. LS Beef Broth W/ Vegetables & Orzo/LS Crackers 1/2c Egg Salad on Multigrain Bread 1/2c Coleslaw Fresh Fruit 8oz LF Milk		<b>Veteran's Day celebration</b> <b>No choice meal today</b>	
14	15	16	17	18
	6 oz Italian Wedding Soup 1 pkt LS crackers Chef Salad – 1 oz LS Fresh Roast Turkey/ 1 oz Cheese & 1 Hard Cooked Egg, LS DRESSING 1 Small Whole Wheat Roll ½c.Tomato, Cucumber, Onion, Basil Salad 1/2c Fruit Cocktail 8oz LF Milk		<b>NO LIFEBRIDGE LUNCH TODAY</b>	
21	22	23	24	25
	3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce 1/2c Carrot Raisin Salad 1/2c Tomato & Cucumber Salad 4 oz Grape Juice ½ cup Tapioca Pudding 8 oz Low Fat Milk		<b>Center Closed</b>	
	29			
	2oz Sliced Virginia Ham w/1oz swiss chesse on Rye mustard/mayo ½ c salad (tomato, onion, cucumber, basil ½ c coleslaw/shredded carrot 80z LF Milk			
<b>MINIMUM PORTIONS SERVED AT EACH MEAL: All non-citrus juices are Vit C fortified</b>				
<b>1c Milk – 1% or equivalent    1c Vegetable and Fruit or equivalent    3 oz. Protein    1 pat Margarine</b>				

<b>LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ</b> <b>Nutrition for Mind, Body and Spirit</b> <b>November 2016</b>									
	Monday		Tuesday		Wednesday		Thursday		Friday
			1		2		3		4
			6 oz Butternut squash soup 1 pkt crackers 3 oz tilapia W/fruit salsa ½ cup Roasted potato ½ cup Peas and Carrots 1 slice Rye bread 1 tsp margarine ½ cup baked apple 8 oz low fat milk		<b>LUNCH AND BINGO</b>  <b>See Newsletter for Details</b>  <b>No Lifebridge Lunch</b>		3 oz BBQ chicken ½ cup Macaroni and cheese ½ cup Broccoli 1 piece Cornbread 1 tsp margarine Fresh fruit 8 oz low fat milk		1 cup Cheese baked ziti ½ cup Cauliflower 1 cup Spinach salad with French dressing Garlic breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk
	7		8		9		10		11
	6 oz Tomato Florentine soup 1 pkt crackers 3 oz Crab cake ½ cup Mashed potato ½ cup Peas and carrots Tartar sauce 1 Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk		3oz Chicken with Lemon Sauce ½ cup Brown rice pilaf ½ cup spinach 1 slice marble bread Tropical fruit 8 oz low fat milk		3 oz Philly cheese steak on grinder roll with ¼ pepper and onion ½ cup Sweet potato fries ½ cup Cucumber and tomato salad 4 oz Orange juice 1 Chocolate chip cookie 8 oz low fat milk		<b>VETERAN' S DAY</b>  All American Hamburger On a roll Tomato/pickle/ Ketchup Green beans or coleslaw Baked Beans Apple Pie		<b>VETERAN'S DAY</b>  <b>CENTER CLOSED</b>
	14		15		16		17		18
	3 oz Herb baked chicken ½ cup brown rice and beans ½ cup Fresh zucchini 1 slice Pumpnickel bread 1 tsp margarine 4 oz Orange juice ½ cup Fruited jello with topping 8 oz low fat milk		3 oz Pork loin/gravy ½ cup O'Brien potato ½ cup Bean blend 1 slice Rye bread 1 tsp margarine ½ cup Applesauce 8 oz low fat milk		6 oz chicken gumbo soup crackers 3 oz Baked fish ½ cup Oven roasted potato ½ cup broccoli 1 slice Wheat bread 1 tsp margarine ½ cup Pineapple 8 oz low fat milk		<b>No Lifebridge Lunch</b>		<b>No Lifebridge Lunch</b>
	21		22		23		24		25
	3 oz Sweet and sour pork ½ cup Fried rice ½ cup Oriental blend 1 Dinner roll 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk		6 oz Vegetable soup 1 pkt crackers 3 oz Stuffed chicken with supreme sauce ½ Sweet potato ½ cup zucchini and tomato 1 slice Wheat bread 1 tsp margarine 4 oz Cranberry juice Carrot cake 8 oz low fat milk		1 cup Chili con carne ½ cup Rice ½ cup Mixed vegetables 1 Corn bread 1 tsp margarine Fresh fruit 8 oz low fat milk		<b>Centers Closed</b>		<b>All Day Bingo and Lunch</b>  <b>See Newsletter for Details</b>  <b>No Lifebridge Lunch</b>
	28		29		30				
	½ cup Spaghetti 3 oz meatballs 1 cup Tossed salad with cucumber and raspberry vinaigrette 1 Herb bread stick 1 tsp margarine Scalloped apples 8 oz low fat milk		1 cup Turkey divan ½ cup rice ½ cup Carrots 1 slice Family grain bread 1 tsp margarine Fresh fruit 8 oz low fat milk		3 oz Light crunch fish ½ cup Roasted red skin potato ½ cup Summer spring blend Tartar sauce 1 Wheat dinner roll 1 tsp margarine ½ cup Tropical fruit 8 oz low fat milk				

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine  
 All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched.  
 All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt



## Thanksgiving Dinner for All

If you are alone on Thanksgiving and would like to have a delicious turkey meal delivered to you and a friend, at your home, please contact the Center by phone 203-239-5432 or stop by in person prior to **November 9.**

***This is at no cost to you or your friend.***

With volunteer kindness and generosity traditional turkey dinners have been delivered to seniors in our area for over 25 years by Interfaith Volunteer Caregivers at no cost to you.

***Fellowship, Food, and a day to celebrate with a friend***



## NOVEMBER 2016 MONTHLY ACTIVITIES

### **Mondays:**

- 9:00: Line Dancing
- 9:00: Canasta
- 9:15: Fitness Fun
- 10:00: Tai Chi
- 10:30: Sitercise
- 12:30: Bingo
- 1:00: Pinochle – Beginners Welcome

### **Tuesdays:**

- 9:00: Ceramics
- 9:00: Intermediate Computer Class
- 10:00: Chair Yoga
- 10:30: Crafts; **11/8; 11/15**
- 10:45: Beginner Computer Class
- 12:30: Mah Jongg
- 12:30: Crafts; **11/8; 11/15**
- 12:45: Oil Painting
- 1:15: Senior Songsters

### **Wednesdays:**

- 9:00: Line Dancing
- 9:30: Fitness Fun
- 10:30: Sitercise
- 12:00: Mah Jongg
- 12:15: Bridge
- 1:00: Rummikub

### **Thursdays:**

- 9:00: Ceramics
- 10:00: Tai Chi
- 10:00: Pinochle; Color Fun
- 10:30: Crafts; **11/3**
- 12:30: Canasta
- 12:30: Crafts; **11/3**
- 1:00: Hatha Yoga; Pinochle

### **Fridays:**

- 9:30: Fitness Fun; Scrabble
- 12:15: Bridge
- 12:30: Bingo

**NOVEMBER 2016 CALENDAR OF SPECIAL EVENTS,  
PRESENTATIONS, MINI TRIPS, LUNCH BUNCH EXCURSIONS  
AND COLLECTION REMINDERS FOR TRIPS**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		8:15 a.m.	10 a.m.- 4 p.m.			
		<b>Trip Out:</b>	CT Energy Assist			
		Foxwoods		12:30 p.m.		
			11:30 a.m.	Downton		
			Bingo & Lunch	Abbey-a-thon		
6	7	8	9	10	11	12
				11:30 a.m.	<b>Center Closed</b>	
<b>9:00 am - 1:00 pm</b>	<b>9:30 Mini Trip:</b>	10:00 a.m.		Military Whist	<b>Veterans Day</b>	
<b>Rotary Pancake</b>	Universal Drive	Holiday		Tournament	<b>Thank You for</b>	
<b>Breakfast</b>		Bazaar	12-1:30 p.m.		<b>Serving</b>	
<b>Free tickets to the</b>		Final	Health	12:30 p.m.	<b>Our Country &amp;</b>	
<b>first 20 people by</b>		Meeting	Guidance clinic	Downton	<b>Protecting</b>	
<b>November 2</b>				Abbey-a-thon	<b>Our Freedom</b>	
13	14	15	16	17	18	19
				<b>Center Closed</b>	<b>Center Closed</b>	
		10:30 a.m.		Due to	<b>No Lunch</b>	
		Storyteller:		Holiday Bazaar	<b>No Daily</b>	<b>9:00 a.m.</b>
		Kate Allen		Setup	<b>Transportation</b>	<b>to</b>
		Smith				<b>2:00 p.m.</b>
				<b>No Daily</b>	<b>10:00 a.m.</b>	
		6:00 p.m.		<b>Transportation</b>	Grocery Shopping	<b>Annual</b>
		Commission		<b>No Lunch</b>		<b>Holiday</b>
		On Aging			<b>Annual</b>	<b>Bazaar</b>
		Meeting		1:00 p.m.	<b>Holiday Bazaar</b>	
				Ask An	<b>1 to 6 p.m.</b>	
				Attorney		
20	21	22	23	24	25	26
	<b>9:30 Mini Trip:</b>			<b>Center closed</b>	All Day Bingo	
	Hamden Mart				<b>10 to 11:30 a.m.</b>	
				<b>Happy</b>	Morning Bingo	
			12-1:30 p.m.	<b>Thanksgiving</b>	<b>11:45 a.m.</b>	
			Health		Lunch Served	
			Guidance clinic		<b>12:45 p.m.</b>	
					Bingo Resumes	
27	28	29	30			
		10:30 a.m.				
		Finance				
		Meeting				
		1:00 p.m.				
		Annual Tree				
		Decorating				
		With our				
		Senior				
		Songsters				